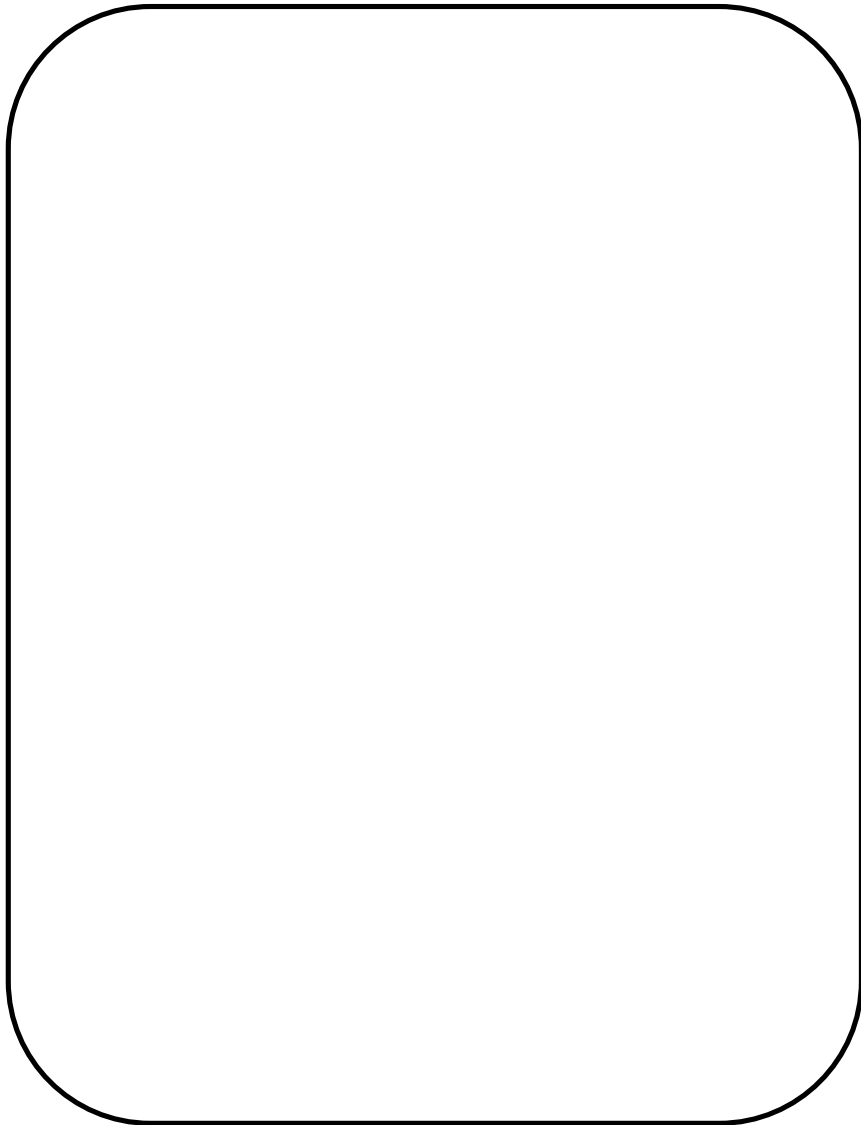
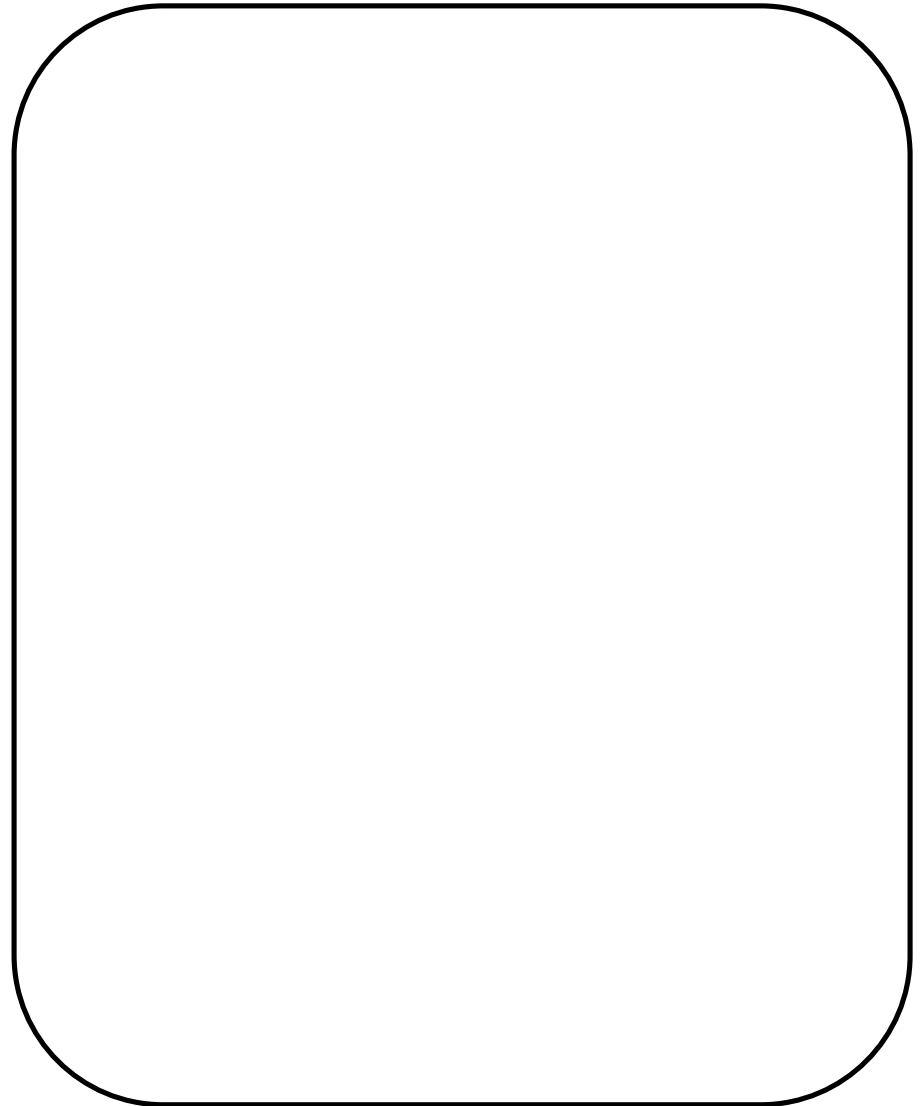


SMART GOALS

Future goal...



Plan to achieve this goal...



Is my goal...

Specific?

Measurable?

Appropriate?

Realistic?

Timely?